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In the Claims:

- 1.(currently amended) An ingestible composition comprising ispaghula (*Plantago psyllium*), colloidal silica, and an ingestible surfactant wherein said composition is in a form so that in use it is dispersed in a liquid prior to ingestion.
- 2.(currently amended) An ingestible composition according to claim 1 wherein said composition is in particulate or granular form.
- 3.(currently amended) An ingestible composition according to claim 1 wherein the silica has a particle size of the silica is between 5nm and 5 μ m.
- 4.(currently amended) An ingestible composition according to claim 1 wherein the silica has a specific surface area of ~~the silica is~~ between 50 and 400gm⁻².
- 5.(previously presented) An ingestible composition according to claim 1 wherein the silica is present in an amount of between 0.01wt% and 5wt% of the total weight of the ingestible composition.
- 6.(previously presented) An ingestible composition according to claim 1, wherein the ingestible surfactant is a polyethylene-, polypropylene-, or polyoxyethylene-based surfactant.
- 7.(previously presented) An ingestible composition according to claim 6 wherein the polyethylene-based surfactant is a polyethylene glycol.
- 8.(previously presented) An ingestible composition according to claim 1 wherein the polyethylene glycol has a molecular weight of between 200 and 40,000.

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- 9.(previously presented) An ingestible composition according to claim 6 wherein the polyoxyethylene-based surfactant is a polyoxyethylene sorbitan fatty acid ester.
- 10.(previously presented) An ingestible composition according to claim 6, wherein the surfactant is a polyoxyethylene monostearate or a glycerol polyethylene glycol oxystearate.
- 11.(previously presented) An ingestible composition according to claim 1 wherein the ingestible surfactant is present in an amount of between 0.01 wt% and 5 wt% of the total weight of the ingestible composition.
- 12.(previously presented) An ingestible composition according to claim 11 wherein the ingestible surfactant is polyethylene glycol and is present in an amount of between 0.1 wt% and 2 wt% of the total weight of the ingestible composition.
- 13.(previously presented) An ingestible composition according to claim 11 wherein the surfactant is a polyoxyethylene sorbitan fatty acid ester and is present in an amount of between 1 wt% and 2 wt% of the total weight of the ingestible composition.
- 14.(currently amended) A method of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising a the step of blending the ispaghula with the colloidal silica and the ingestible surfactant.
- 15.(canceled)
- 16.(currently amended) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant,

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the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of any solvent.

17.(currently amended) A method according to claim 16, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of isopropyl alcohol.

18.(currently amended) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of any granulating agent.

19.(previously presented) A method according to claim 18, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible without the employment of polyvinyl pyrrolidone.

20.(previously presented) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant without the employment of any solvent; and without the employment of any granulating agent.